“A Magical Trip”  By: Ross L.

In April of 2017, Moving Forward Towards Independence took a trip to the one of the most magical places on earth: Disneyland. Our residents rode a bus to the airport, flew into L.A., and had a blast at the Disneyland park! Here is what one of our residents, Ross, had to say about the trip:

Ross— On this trip to Disneyland, we took vehicles to the Evans bus station and took the Evans bus to the airport. We checked in and got our boarding passes. We went to our gate and waited for our plane. Once we got to Disneyland, everyone in their groups got to decide where they wanted to go in the park. The best ride that I went on while at Disneyland was the Tea Cups. I went out to dinner with friends on two of the nights. I ate at Subway and Bubba Gump’s. I also got to swim at the hotel pool. I enjoyed going shopping at Downtown Disney. If we had another trip to Disneyland, I would like to spend another day at the parks and it would be fun to visit California Adventure. I still had a really good time hanging out with my friends on this trip and I would go back if I get the chance!
“Artwork of the Month”
Artist: Sidney K.
Piece: “Snow White”

“Photo of the Month”
Photographer: Jake H.
Photo: Flowers
“Get to Know Your Staff”  
By: Sara W

This month, Sara interviewed Katie, a Case Manager at Moving Forward. Katie helps Sara learn to cook when it is Sara’s turn to make a meal for Dinner Group. Here is Sara’s interview with Katie:

Why do you like working here at Moving Forward?
I like being able to help others

If you didn't work at Moving Forward, what would be your dream job?
Running a therapeutic horseback riding ranch and organic farm

Katie’s Favorites:

<table>
<thead>
<tr>
<th>Color</th>
<th>Turquoise</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal</td>
<td>Carne Asada Tacos</td>
</tr>
<tr>
<td>Pizza</td>
<td>Pepperoni and black olives</td>
</tr>
<tr>
<td>Ice Cream</td>
<td>I’m more of a popsicle kind of girl</td>
</tr>
<tr>
<td>TV Show</td>
<td>I Love Lucy</td>
</tr>
<tr>
<td>Movie</td>
<td>Mrs. Doubtfire</td>
</tr>
<tr>
<td>Book</td>
<td>I gravitate toward books about animals and nature.</td>
</tr>
</tbody>
</table>

Animal | Horse
---|---
Actor/Actress | Cary Grant
Hobby | Hiking, Gardening, Paddle-boarding. Too many to pick one!
Weekend Activity | Paddle-boarding, being out on the water.
Sport to play | Is hiking a sport? - Yes!
Sport to watch | Baseball (Oakland A’s)
Place you have been to | France, Azores, England, Scotland, Wales, Mexico, Ireland.

What would you say are your three best qualities?
• Listening
• Kindness
• Sense of Humor

How would you describe your fashion?
Lots of bright colors and patterns accessorized with funky jewelry. “Boho Chic”

Where would you most like to travel to?
Peru!

What is something that most people don’t know about you?
I lived off grid on a horse packing ranch, delivering food and supplies to people in the desolate wilderness!

What is one of your favorite moments of your life?
Being up in the air in a hot air balloon!

How would you describe your perfect day?
I would start the day off with an awesome cup of coffee, breakfast, and the sun. I would spend the day out on a river or lake with family and friends. We would have a barbecue. The day would end with an amazing sunset and a campfire.

If you could be any type of animal, what type would you be?
I would be a dolphin. I could swim with all of my friends, all day. Dolphins are smart and adventurous.

If you could have a Superpower, which would you have?
To fly! I’d love to fly in the night sky or just be able to avoid traffic!
"Poem of the Month"

Writer: Ellen S.

“The Ocean Has Many Moods”

Behind the Poem:

When I originally wrote this poem my dad helped me with the theme; that the ocean “has many moods”. The inspiration behind writing this poem is the fact that I used to live with my parents in Pacific Grove, near the ocean. I also learned a lot about what life is like under the ocean because I used to volunteer at the Monterey Bay Aquarium. I love the ocean. I really love the sound of the waves crashing against the rocks!

- Ellen

"Gemma’s Joke Corner" by: Gemma S.

Q: Why was Cinderella thrown off the baseball team?
A: She ran away from the ball!

Q: Who was Snow White’s brother?
A: Egg White! (Get the Yolk?)

Q: What did the beach say to the ocean?
A: Hi, Tide!

Q: Where does a sick boat go?
A: To the dock!

The newsletter, MOMENTUM, is written and created by the residents of Moving Forward Towards Independence.

Newsletter editor (Moving Forward Resident): Stephen R. Writing support: Ryan W.

More information about Moving Forward Towards Independence can be found on our website: moving-forward.org